

VT MUNCH TIMES

Coming to a Tray near You!

3/02/15

A monthly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include USDA Policy updates, a fun nutrition fact, and up-to-date resources for the coming weeks. Look for these updates once a month!

Munch on this:

Policy Update: State and Federal Equipment Grant Funds

State matching grants of up to \$3,500 for equipment purchases over \$200 are still available and the application is due April 4, 2015. Federal grants are available to schools with over 50% free and reduced eligible students and the application is due March 16, 2015. See our website for a detailed memo and applications: <http://education.vermont.gov/nutrition/school-nutrition/funding>

Child Nutrition's guidance on *Cooking with Whole Grains* Guidance from Marianna Charalabopoulos.

A quality grain item requires different cooking times and doneness depending on the final use of the product. All grains have different cooking times and therefore should not all be combined and cooked together in the same pot; for example, Quinoa and Brown Rice. When cooking multiple types of grain for one dish, such as the brown rice and quinoa, each type of grain should be cooked separately and then mixed together upon service. Cooking with whole grain pasta also requires different techniques. Check out our recommendations below.

- Read the package – Most grain manufacturers put a cooking time on their package. Read the package for each specific product and always cook according to the instructions. While you may be used to cooking your enriched pasta or other grains the same way you always have, whole grain products are very different, take more care and attention, therefore you should always follow the manufacturer's directions on the package.
- Test them! - Always test for doneness when preparing your whole grains. Depending on what grain you are preparing, the liquid needed and the time it will take for it to be cooked through will vary. Refer to the chart below for common cooking times. However, keep in mind that cooking times will vary based on the freshness of the grain as well as the pot or pan you are using. You must constantly test the grain to make sure it is done. If you are cooking the grain item to be served right away, you want to make sure that the grain is fully saturated with the cooking liquid so it is not crunchy. The trick to cooking whole grains for those who have to hold them for service is to under cook them slightly. Again, constant testing of the grain is key to not over cooking the grain itself. Whether you are cooking brown rice or whole wheat pasta, you

want to make sure you are checking for doneness before serving or before putting it into another dish to be baked in the oven. If you are subjecting the grain to hot holding on a steam table or baking the cooked grain in a casserole such as macaroni and cheese, it is critical to under cook the grain slightly as it will continue cooking on the steam table or in the oven. A slightly under cooked grain will be somewhat crunchy and will stick in your teeth.

To 1 cup of this grain:	Add this much water or broth:	Bring to a boil, then simmer for:	Amount after cooking:
1 c. Amaranth	2 cups liquid	15-20 minutes	2 1/2 cups
1 c. Barley, hulled	3 cups liquid	45-60 minutes	3 1/2 cups
1 c. Buckwheat	2 cups liquid	20 minutes	4 cups
1 c. Bulgur	2 cups liquid	10-12 minutes	3 cups
1 c. Cornmeal (polenta)	4 cups liquid	25-30 minutes	2 1/2 cups
1 c. Farro	2 1/2 cups liquid	25-40 minutes	3 cups
1 c. Kamut® wheat	4 cups liquid	soak overnight then cook 45-60 minutes	3 cups
1 c. Millet, hulled	2 1/2 cups liquid	25-35 minutes	4 cups
1 c. Oats, steel cut	4 cups liquid	30 minutes	3 cups
1 c. Pasta, whole wheat	6 cups or more liquid	8-12 minutes (varies by size)	varies
1 c. Quinoa	2 cups liquid	12-15 minutes	3 cups
1 c. Rice, brown	2 1/2 cups liquid	25-45 minutes (varies)	3 cups
1 c. Rye	4 cups liquid	soak overnight then cook 45-60 minutes	3 cups
1 c. Sorghum	4 cups liquid	25-40 minutes	3 cups
1 c. Spelt berries	4 cups liquid	soak overnight then cook 45-60 minutes	3 cups
1 c. Teff	3 cups liquid	20 minutes	2 1/2 cups
1 c. Wheat berries	4 cups liquid	soak overnight then cook 45-60 minutes	2 1/2 cups
1 c. Wild rice	3 cups liquid	45-55 minutes	3 1/2 cups

Trainings & Events: Culinary Workshops for Child Nutrition Professionals

The School Nutrition Association of Vermont, Vermont Food Education Every Day (VT FEED), the Vermont Department of Health and King Arthur Flour present several professional development opportunities.

A Pinch of This and A Pinch of That: The Art and Science of Scratch Baking – Are you looking for creative ways to incorporate more whole grains into your menu? Join King Arthur Flour's Paula Gray and food service manager Karyl Kent to learn scratch baking tricks of the trade. All while emphasizing whole grains, lowering sugar and fat, good tasting gluten-free, and calculating meal component credits. It will be hands-on experience with recipes, while learning whole grains characteristics and benefits and the techniques for saving time and money for baking from scratch in the school kitchen.

Wednesday, March 11 2:30-5:30 pm at Bellows Falls Union High School, Westminster

Wednesday, March 25 2:30-5:30 pm at St. Johnsbury Elementary School, St. Johnsbury

Kids in the Kitchen – The kitchen is a wonderful learning environment for kids of all ages. And, the best way to teach healthier eating, is by getting them cooking. This workshop will explore ways of bringing children into school or daycare kitchens to learn about new foods, nutrition and culinary and life skills. Participants will also learn strategies for bringing cooking and taste tests into classrooms with cooking carts and other innovative ideas. This hand-on learning will emphasize creating a safe environment with food while having fun!

Wednesday, April 1 2:30-5:30 pm at Rutland High School, Rutland

Thursday, April 2 at the CACFP/SFSP Annual Conference in Montpelier

Sodium Solutions: Shaking the Salt Habit - You know that you need to keep the sodium in your menus in check. But how do you meet this challenge without sacrificing flavor? Join Patsy Jamieson, former Food Editor and Test Kitchen Director of EatingWell, for a workshop on flavoring foods without relying on salt. You will learn why it is so important to reduce sodium, master sodium math, find out about the hidden sodium in popular ingredients, decipher labels, and learn easy substitutions for high-sodium foods. Patsy will demonstrate recipes for low-sodium, flavor-enhancing herb-and-spice blends, as well as low-sodium, homemade versions of favorites like ranch dressing.

Wednesday, April 8 3:30-5:00 pm at Capitol Plaza Hotel, Montpelier

Wednesday, April 15 3:30-5:00 pm at Vermont Department of Health, Burlington

Register on-line at: <https://creator.zoho.com/snavermont/regionalworkshops#>

Trainings of the Month in-person at Barre AOE office and video stream around the state. This year, Vermont Child Nutrition Programs is offering monthly training opportunities for school food service managers and staff. They're held in-person at our offices in Barre, and we simultaneously provide live video to locations around the state. The trainings are free, and each one provides two continuing education units (CEUs)! If your school is an LNV site and you would be willing to host other schools, please contact Rosie Krueger.

Sign up now for the March Training of the Month:

Mini-Manager Series: Production Records*

Do you struggle with Production Records? Don't we all! We have some helpful tools that will save you time and energy so you can spend more time doing what you love - cooking for kids! Come spend the afternoon testing out these online and paper materials to see what works best for you. Please bring a copy of a one-week menu and one current production record all filled out. This class is meant for Vermont School Food Service Managers & Directors and other school food service staff who complete production records for their school food service programs.

Instructor: Brooke Gannon, Milton Town School District

Date & Time: March 11, 2015 - 2:00 pm - 4:00 pm

Location: **Barre**—Agency of Education, 219 North Main Street, Room 304 (in person, the rest by video)

Bennington—Mt. Anthony Union High School

Brattleboro—Brattleboro Union High School, Room 207

Bristol—Mount Abraham Union High School, Library Reference Room

Hartford/White River Jct.—Hartford Area Career and Tech Center

Hyde Park – Green Mountain Technical & Career Center

Newport—North Country Career Center, Room 380

Rutland—Rutland Adult Learning, 16 Evelyn Street

St. Albans—St. Albans City Elementary School

Registration: https://creator.zoho.com/cheryl_4.3.68/child-nutrition-programs-training-of-the-month

Credit: 2 Continuing Education Units (CEUs) per training

Cost: Free!

Upcoming: April 8, 2015, 2-4pm ~ *Are You Ready? Disaster Planning & Food Service*

May 14, 2015, 2-4pm ~ *Mini-Manager Series: Inventory** (please note this is a new date)

*The *Mini-Manager Series*, open both new and current managers, are modules from the “New Managers Training,” an annual Summer Institute course.

USDA Farm to School Webinars

This 11-part series will cover numerous strategies towards expanding your farm to school program. This year, earn while you learn: each webinar provides SNA Continuing Education Units. To join us live, register at <https://www.surveymonkey.com/s/YMTTVNK>. All times listed are EST.

Food Safety, March 5, 2:00 pm

Promoting Your Farm to School Program, March 19, 2:00 pm

School Gardening, April 2, 2:00 pm

Curriculum Integration, April 16, 2:00 pm.

Program Sustainability, April 30, 2:00 pm

Evaluating Your Program, May 13, 2:00 pm

Tying it All Together and Digging In, May 28, 2:00 pm

Harvest of the Month & Recipe:

March's Harvests of the Month are **beets and rutabagas**. Beets are a member of the Amaranthaceae family, along with chard, quinoa and spinach. This root vegetable comes in an array of colors, including: deep red, red and white striped, orange, golden yellow and purple. Rutabagas members of the

Brassicaceae family, also known as the cabbage family, along with Brussels sprouts, cabbage, cauliflower, kale and radishes. Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at www.vermonthharvestofthemonth.org

Beet Burgers

Yield: Approximately 40 burgers

Ingredients:

2 ²/₃ cups water

1 ¹/₃ cups brown rice

¹/₄ cup olive oil

1 quart diced onions

8 large eggs

2 quarts grated peeled beets



2 quarts grated peeled carrots
1 quart sunflower seeds, toasted
2 cups sesame seeds, toasted
1 cup chopped fresh parsley
2 tablespoons tamari or soy sauce
1 quart grated parmesan cheese
1 1/2 cups whole-wheat flour
2 teaspoons kosher salt

Directions:

- 1) Bring water to a boil in a large saucepan over high heat. Add rice, reduce heat to low, cover and cook until the rice is tender, about 40 minutes. Set aside to cool.
- 2) Meanwhile, heat oil in a medium skillet or pot over high heat. Add onions and cook, stirring occasionally, until golden, 8 to 12 minutes. Set aside to cool.
- 3) Preheat convection oven to 350°F. Line 3 sheet pans with parchment paper.
- 4) Whisk eggs in a large bowl. Stir in the cooled rice, beets, carrots, sunflower seeds and sesame seeds. Fold in the onions, parsley, tamari sauce (or soy sauce), cheese, flour and salt. (Add a little more flour if the mixture seems too sticky.) Using a #12 scoop or 1/3-cup measure, make 40 burgers and place on the prepared pans.
- 5) Bake until the burgers are browned and the vegetables are tender, 30 to 35 minutes.

Notes: wear gloves while forming burgers; serve on whole-wheat buns; one burger equals 3/8 cup “other vegetable”.

Recipe source: *New School Cuisine* cookbook available at: <http://education.vermont.gov/nutrition/school-nutrition-programs>

Resources: Links about regulations, recipes, nutrition education, video help and more

New: [\\$.06 cert sheets video help on YouTube from the USDA](#)

New: [Vt. Agency of Education's New Managers Manual](#)

[Online Knife Skills Class](#)

[National Food Service Management Institute](#)

[School Nutrition Association](#)

[GCF Global Learning](#)

[School Meals VT](#)

[The John C. Stalker Institute of Food and Nutrition](#)

USDA Foods fact sheets: nutrition information, product descriptions, and storage and cooking instructions <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

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VT Munch Times is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Dan Lynch, Child Nutrition Consultant, at (802) 479-1193 or dan.lynch@state.vt.us

Vermont Agency of Education | 219 North Main Street, Suite 402 | Barre, VT 05641

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